

Full Report (All Nutrients) 45040750, MEIJER, BREADED & BONELESS RAW STUFFED CHICKEN BREASTS WITH RIB MEAT, ASPARAGUS & CHEESE, UPC: 886926292657

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Meijer, Inc.

Nutrient	Unit	Data points	Std. Error	5.0 oz 140g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	350	250
Protein	g	--	--	19.00	13.57
Total lipid (fat)	g	--	--	25.00	17.86
Carbohydrate, by difference	g	--	--	14.00	10.00
Fiber, total dietary	g	--	--	1.0	0.7
Sugars, total	g	--	--	0.99	0.71
Minerals					
Calcium, Ca	mg	--	--	80	57
Iron, Fe	mg	--	--	1.81	1.29
Sodium, Na	mg	--	--	500	357
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	9.0	6.4
Vitamin A, IU	IU	--	--	400	286
Lipids					
Fatty acids, total saturated	g	--	--	9.002	6.430
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	70	50

Amino Acids

Other

Ingredients

CHICKEN BREAST WITH RIB MEAT (CONTAINING UP TO 11% OF A SOLUTION OF WATER, SODIUM PHOSPHATE, ROAST CHICKEN, SALT, SUGAR, ONION POWDER, NATURAL FLAVORING), ASPARAGUS, WHITE CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), ENRICHED BLEACHED WHEAT FLOUR (WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEY, YELLOW CORN FLOUR, BUTTERMILK POWDER, ROAST CHICKEN,

15 DEXTROSE, SPICE, SUGAR, SOYBEAN OIL, ROMANO AND PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, SODIUM SICOALUMINATE [ANTI-CAKING], SORBIC ACID [PRESERVATIVE], ENZYMES), YEAST, LEAVENING (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), OLEORESIN PAPRIKA, (COLOR), NATURAL FLAVORINGS. ANNATTO EXTRACT, OLEORESIN TURMERIC (COLOR), PREBROWNED IN VEGETABLE OIL. *Date Last Updated by Company:* 11/04/2015